

Newton Recreation Indoor Lacrosse Program



2014



Mail in Registration Only

NEWTON RECREATION INDOOR LACROSSE

Additional Application and Information is available at:

www.newtonlacrosse.com

www.ci.newton.ma.us/parks

Any Questions e-mail: Bussy Adam: tigerlax34@verizon.net

Registration Fee:

\$150/player (\$250/family)

\$160 Non-Resident

(Checks made payable to: NEWTON LACROSSE)

Payment includes custom LAX reversible game shirt and recreation fees.

RECREATION LACROSSE SCHEDULE & FORMAT:

ELEMENTARY & MIDDLE SCHOOL PROGRAM- SUNDAYS

Lower Elementary 3-4:30PM
(GRADES 2nd-4th)

Upper Elementary 4:30-6pm
(GRADES 5th & 6th)

Middle School 6-7:30PM
(GRADES 7th-9th*)
***inexperienced 9th graders**

ALL Games for Elementary and Middle School Programs will be played in the SOA
on **Sundays from January 5th through February 23rd.**

(There will be scheduled sessions during the February vacation week)

Inexperienced players are welcome and encouraged to participate!!

HIGH SCHOOL PROGRAM 7-9:30PM – Thursday Nights **(GRADES 9th-12th)**

ALL sessions for High School Program will be played in the SOA
on **Thursday nights from January 9th through February 27th.**

(There will be a session during the school vacation week)

There are limited spots available for High School Program, prior registration is a requirement

Equipment Needed.

Sticks, helmets, gloves, sneakers, arm & shoulder pads, and mouth pieces are required.



2014 - NEWTON RECREATION INDOOR LACROSSE REGISTRATION APPLICATION & WAIVER

NAME: _____ DOB: _____ Age: _____

ADDRESS: _____ CITY _____ ZIP _____

PHONE: () _____ Emergency Phone: () _____

SCHOOL: _____ GRADE: _____ Gender: _____

EMAIL: (print clearly) _____

Mail Registration forms & Check to:

(checks payable to) : **NEWTON LACROSSE**
38 EDWARD RD.
NEWTON, MA 02465

Parental Consent Release from Liability and Indemnity for participation in the P&R Youth Lacrosse Program.

I/We, the undersigned father and mother, or guardian(s) of _____ a minor, do hereby consent to his/her participation in, the Newton Parks and Recreation Department Youth Lacrosse Program. I/We forever RELEASE, acquit, discharge and covenant to hold harmless the City of Newton, a municipal corporation of the Commonwealth of Massachusetts and its successors, departments, officers, employees, servants and agent, of and from any and all actions, caused of action, claims, demands, damages, cost, loss of services, expenses and compensation on account of, or in any way growing out of, directly or indirectly, all known and unknown personal injuries or property damages which I/We may now or hereafter have as the parent(s) of or guardian(s) of said minor, and also all claims or rights of actions or damages which said minor has or hereafter may acquire, either before or after his/her participation in the Youth Lacrosse Program. FURTHERMORE, I/We hereby agree to protect the City of Newton and its successors, departments, officers, employees, servants and agents against any and all claims for damages, compensation or otherwise on the part of said minor growing out of, or resulting from, injury to said minor in connection with his/her participation in the Youth Lacrosse Program and to INDEMNIFY, reimburse or make good to the City of Newton or its successors, departments, officers, employees, servants and agents any loss or damage or cost, including attorney's fees, the City of Newton or its representatives may have to pay if any litigations arise from said minor's participation in the Youth Lacrosse Program.

Signature of Parent or Guardian: _____ Date _____

THIS FORM MAY NOT BE ALTERED



NEWTON RECREATION INDOOR LACROSSE PROGRAM
2014 GOALS & OBJECTIVES
Weekly Teaching Session

The Newton Recreation Indoor Lacrosse Teaching Philosophy

Newton Recreation Indoor Lacrosse is a teaching program. Our Program is designed to offer the best combination of teaching and playing experiences in an indoor setting. Athletes will learn and develop the skills and techniques that will enable them to take their game to the next highest level. Our program offers an exceptional opportunity for the skilled high school players looking for challenging competition, as well as for the younger inexperienced player seeking to develop their skills and master the fundamentals.

The core of our program is based on position skill instruction, detailed attention to situation play, and organized competitive 5v5 games. Players will be organized by age and ability for position work and by teams for competition. It is our goal that through our program we will help our young player's progress towards becoming a more skilled, knowledgeable and confident lacrosse player.

Goals of the Newton Recreation Indoor Lacrosse Program

We have a plan for each weeks teaching session. It is our hope that after a skill is introduced instructors will seize upon every opportunity to urge each player to use that skill in a later drill and then again in game situations. It is our hope that every staff member will see these eight sessions as opportunities to help these young lacrosse players develop sound fundamentals and to come away from our program having learned several new skills. This is a great opportunity for a youngster to learn something new and practice it under the watchful eye of our serious and concerned coaches.

Our major goals for each player are to:

- 1) Develop sound fundamentals.
- 2) Learn new skills.
- 3) Have fun playing at an improved level.

NEWTON RECREATION INDOOR LACROSSE PROGRAM

2014 PROGRAM RULES & INFORMATION

Program Rules-Games

- Helmets on at all times
- 5 players each (5 on 5 plus goalie)
- Live ball (walls are live, play the whistle)
- Equal pressure defense (NO COLLISION CONTACT).
- Beware of walls and other gym equipment.
- ABSOLUTELY NO PRE GAME SHOOTING. Coaches will warm up goalies.
- Anyone involved in fighting will be asked to leave.

NNHS SOA/Building Rules

- We represent the Recreation Program. Respect Staff at all times.
- Use main athletic entrance off Tiger Drive. This entrance is behind the tennis courts.
- Respect the neighborhood and do not block driveways or fire hydrants. We recommend parking in the lot closest to school auditorium. Cars are to be parked in legal spaces only!
- Bathrooms and water fountains are located off hallway.
- No one is to be on gymnastics equipment including the gymnastics floor at ANY time, you will be asked to leave if on this equipment.

Safety First

- No sticks or balls allowed in hallways or stairways.
- No shooting allowed during warm ups. Use designated areas for "Wall Ball".
- Have your equipment on at all times.
- Report ALL Injuries Immediately (even the minor ones) to Coaching Staff.

Equipment

- All players should have a gym bag to store their personal belongings.
- Your street clothes/bags should be put on the mat or at far end of gym. Not in playing areas.
- Helmets, mouth pieces, gloves, arm & shoulder pads
- Young players may use hockey helmets w/ steel cage.
- Appropriate sneakers. **Bring a water bottle!!!!**
- Put your name on all of your equipment!!

QUESTIONS? Bussy Adam (617) 965-5451 or call NNHS Facility: (617) 796-1537 after 7PM

Inclement Weather Cancellations

Inclement weather cancellations will be announced on the Newton Parks and Recreation web site at: http://www.ci.newton.ma.us/gov/parks/indoor_recreation_centers/north/default.asp